



**Under the direction of
Carol Baker-Fulco, MS, RD**



High Caliber Nutrition

POWER

PERFORMANCE

THE NUTRITION CONNECTION











**"Deployment is a
good time to lose
a few pounds."**














DANGER
HIGH VOLTAGE







A low-angle, close-up shot of a soldier in full combat gear, including a helmet and camouflage uniform. The soldier is looking down, and their hands are near their face, suggesting a state of physical exhaustion or distress. The background is a bright blue sky with scattered white clouds. Overlaid on the lower portion of the image is the text "dehydration = fatigue" in a bold, orange, serif font.

dehydration = fatigue